

## In This Issue

- What's on
- News
- Training Programme
- Up and Coming Events

## Web links

[Active Schools Website](#)

[Older Active Schools News](#)

[Hip Hop Registration Forms](#)

[Sportshall Athletics Registration Form](#)

## Local Clubs

[Gala Rugby Football Club](#)

[Gala Dean JFC](#)

[Focus Judo Club](#)

[Gala Cricket Club](#)

[Gala Harriers](#)

## WHAT'S ON

### [Hip Hop Dance \(P4/5 & P6/7 Girls\)](#)

Dance classes recommence on week beginning Monday 11<sup>th</sup> January. All girls are welcome and both classes are free of charge. Times and venues as follows:



Age Group	Day	Time	Venue
P4/5	Tuesdays	3.15-4.15pm	St Margarets PS
P6/7	Thursdays	4.15-5.15pm	Gala Academy Gym Hall

### [Sportshall Athletics \(P4-7\)](#)

Indoor athletics starts on Wednesday 13<sup>th</sup> January from 4.00-5.15pm at the Queens Leisure Centre. Lot's of fun athletics events (runs/jumps/throws) on offer. £2 per session, payable at Leisure Centre.



### [Squash \(P6/7\)](#)

Why not come along and try the sport of squash at Galashiels squash courts on Abbotsford Road. Starting on Wednesday 27<sup>th</sup> January from 3.30-4.30pm, the first taster session is free. After this, there will be a charge of £1/week.

### [Gala RFC Mini Maroons](#)

Mini Maroons training recommences at Netherdale on Saturday 9<sup>th</sup> January from 9.30-10.30am and is open to all P3-7 boys and girls.

## NEWS

### [Burgh are Sportshall Athletics Champions](#)



On Thursday 19<sup>th</sup> November, 8 teams representing 10 schools came together at the Queens Leisure Centre to contest the annual Sportshall Athletics competition. With the level of competition high and the atmosphere reaching fever pitch, a great morning of athletics events was held with great sportsmanship and excellent teamwork from all participants. With only 2 relays to go, the top 2 teams were separated by only 4 points, but Burgh PS finished strongly to take the 2009 title, just edging out Tweedbank with Balmoral finishing in 3<sup>rd</sup> place. Burgh will now have the opportunity to compete in the East of Scotland final at Meadowbank in February. Active Schools would like to thank staff, PE specialists, senior pupils, and Borders College for preparing the teams so well before and during the competition.

### [Langlee Support Unit gets Active](#)

A new pilot project at Langlee Primary School has been hailed as a success after a joint approach from Active Schools and the Disability Sports Development Officer. The project looks at providing activity sessions for 3 groups of children within the support unit. Group 1 have been participating in a Boccia and New Age

## Contact Us

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Kurling programme and along with the fantastic support of the Additional Needs Assistants, has been excellent fun for all involved. Group 2 have been working with a community coach from the Scottish Football Association and the third group have been engaged in a ball skills programme. Hopefully this term will build on the successful work of last year and will introduce children to some new activities.



## TRAINING PROGRAMME



Active Schools have launched a new training programme. The programme details a variety of basic training courses that are available through Active Schools and SportBorders. The courses increase knowledge and skills and are designed for parents, school teachers, school staff, community volunteers, senior pupils, sports leaders, and anyone else who is looking to volunteer with Active Schools.

The majority of the two hour workshops will run from 4-6pm. A list of training dates will be published on a quarterly basis and will be available in staff rooms and on the sportborders website. ([www.sportborders.org.uk/activeschools.html](http://www.sportborders.org.uk/activeschools.html)). A list of planned training course can also be found in the "Up and Coming Events" section of this newsletter.

## UP AND COMING EVENTS

### Training Opportunities

Course	Suitable for Age	Date	Time	Venue
Junior Joggers	P3-5	Thurs 14 <sup>th</sup> January	4-6pm	Balmoral PS
Playground Leaders	P6/7	Fri 12 <sup>th</sup> February	10-1pm	Peebles HS
TOPs Outdoors	P4-7	Thurs 4 <sup>th</sup> March	4-6pm	Stow PS
Club:Golf	P5	Thurs 11 <sup>th</sup> March	4-6pm	St Margarets PS
Ready Steady Bike	P5	Thurs 18 <sup>th</sup> March	4-6pm	Tweedbank PS
Cricket Challenge Programme	P4	Thurs 25 <sup>th</sup> March	4-6pm	Langlee PS

For details of any of the above courses, and to book a place, please contact Graeme Murdoch or follow the weblink in this newsletter.

### Festivals & Competitions

Event	Age Group	Date	Time	Venue
Girls Area Netball	P6/7	Thurs 28 <sup>th</sup> Jan	4-6pm	Queens Centre
Secondary Badminton Champs	U14/16/18	Sun 31 <sup>st</sup> Jan	9am-5pm	Earlston HS
Primary Badminton Championships	P5-7	Sat 6 <sup>th</sup> Feb	1-5pm	Gala Acad Queens Centre
Boys Basketball Evening	P6/7	Wed 17 <sup>th</sup> March	4-6pm	Queens Centre
New Image Rugby Festival	P6/7	Wed 24 <sup>th</sup> March	10am-12noon	Gala Academy